

## **SUGGESTED SNACK IDEAS FOR SOUTHMINSTER SCHOOL STUDENTS**

The following list is merely a guide for parents. Please send the snack in a plastic or paper bag labeled with the child's name. The teachers will have a basket just inside the classroom in which you can deposit the snack. Make sure the snack is a finger food and doesn't need utensils. Messy snacks take longer to eat. Teachers will help open snack bags if needed. A pitcher of water will be in the room. If you would rather send a drink, please be sure it is in an individual serving container (**non-carbonated and non-caffeine**) and labeled with child's name if it is not in snack bag.

Goldfish  
Cheez-Its  
Graham Crackers  
Miniature Marshmallows  
String cheese  
Club Crackers  
Saltine Crackers with peanut Butter  
Ritz Crackers  
Ritz Bits with Cheese or peanut butter  
Grapes  
Banana  
Pretzels  
Muffin  
Animal crackers  
Vanilla wafers

For everyday **snack**, please do not send chips, candy, highly sweetened cookies or cupcakes, or drinks with red dye. Those items are not a healthy snack on a daily basis, and are saved for lunch and birthday celebrations. Your monthly calendar from the teacher will list the days that a birthday child is bringing snacks. You do not send snack on that day unless your child has special food concerns.

If you have any questions about what to bring, your child's teacher is an excellent resource.

Thank you for your cooperation with this licensing policy.

Eat well!